



# Ellington Senior Center Calendar

## July 2010

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>	<b>2</b>
			<b>EMAT APPTS</b>  Sew & So/Crafts 9:30am Canasta 1:00pm	<b>EMAT APPTS</b>  Mahjongg 10:00am  SAT- 7/3/10 Setback @ 7:00pm
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>Senior Center Closed in Observance of Fourth of July</b>  	<b>EMAT APPT</b>  Bocce Ball 10:30am Bridge 9:00am Dominos 1:00pm Setback 7:00pm  <b>“Out To Lunch” Vernon Dinner (1pm)</b>	<b>EMAT APPTS</b>  HVCC Transit <b>Podiatry Clinic 9:00am</b> Music Selection 10:00am Shuffleboard 2:00pm  <b>Hello Dolly, RI - Trip</b>  Big Y	<b>EMAT APPTS</b>  Sew & So/Crafts 9:30am Canasta 1:00pm	<b>EMAT APPTS</b>  Mahjongg 10:00am  SAT – 7/10/10 Setback @ 7:00 p.m.
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>EMAT APPTS</b>  Garden Thyme 9:00am Exercise Class 9:00am Tai Chi (beginner) 10:30am Tai Chi (advanced) 11:30am  Stop & Shop	<b>EMAT APPTS</b>  Bocce Ball 10:30am Bridge 9:00am Blood Pressure 1:30pm Diabetic Screening 1:30pm Setback 7:00pm	<b>EMAT APPTS</b>  HVCC Transit Shuffleboard 2:00pm  Big Y	<b>EMAT APPTS</b>  Sew & So/Crafts 9:30am Canasta 1:00pm	<b>EMAT APPTS</b>  Mahjongg 10:00am <b>Parkinson Support Group 10:00am</b>  SAT – 7/17/10 Setback @ 7:00 p.m.

19	20	21	22	23
<b>EMAT APPTS</b>  Garden Thyme 9:00am Exercise Class 9:00am Tai Chi (beginner) 10:30am Tai Chi (advanced) 11:30am  Stop & Shop	<b>EMAT APPTS</b>  Bocce Ball 10:30am Bridge 9:00am Setback 7:00pm  <b>Energy Bingo (CL&amp;P)</b> <b>(2 pm)</b>	<b>EMAT APPTS</b>  HVCC Transit Shuffle Board 2:00pm  Big Y	<b>EMAT APPTS</b> Sew & So/Crafts 9:30am Canasta 1:00pm <b>“Young At Heart”</b> <b>Music Video</b> <b>Senior Center Barbeque</b> <b>12:00pm</b> 	<b>EMAT APPTS</b>  Mahjongg 10:00am  SAT – 7/24/10 Setback @ 7:00 p.m.
26	27	28	29	30
<b>EMAT APPTS</b>  Garden Thyme 9:00am Exercise Class 9:00am Tai Chi (beginner) 10:30am Tai Chi (advanced) 11:30am  Stop & Shop	<b>EMAT APPTS</b>  Bocce Ball 10:30am Bridge 9:00am Blood Pressure 1:30pm Diabetic Screening 1:30pm Setback 7:00pm  <b>Movie Time</b> <b>“Yankee Doodle Dandee ”</b> <b>(1 pm)</b>  Big Y/Walmart- E. Windsor	<b>EMAT APPTS</b>  HVCC Transit <b>Wii Games 12:00pm</b> Shuffle Board 2:00pm	<b>EMAT APPTS</b>  Sew & So/Crafts 9:30am Canasta 1:00pm	<b>EMAT APPTS</b>  Mahjongg 10:00am  SAT – 7/31/10 Setback @ 7:00 p.m.
Upcoming Activities		Monthly Features		Reminders
<b>Angel Food Ministries (on-going)</b>  <b>Better Age Picnic – Thurs 8/12/10 (12 pm)</b>  <b>Caring Solutions – Balance Presentation – Thurs 8/19/10 (2:30 pm)</b>  <b>Memory &amp; Creative Writing – Thurs 8/19/10 (1pm)</b>  <b>Senior Center Luau – Wed. 8/25/10. Rain date 8/26 (4:30 pm – 8:30 pm)</b>  <u>Evenings</u>		Blood Pressure Clinic/Diabetic Screen – 2 <sup>nd</sup> & 4 <sup>th</sup> Tues of the month (1:30pm) Bocce Ball – Tuesdays (10:30am) Snipsic Village Bocce Court Bridge – Tuesdays (9am) Exercise Classes – Mondays (9:00am) Line Dancing – Mondays (1:30pm) Mahjongg – Friday (10am) Memory & Creative Writing – 3 <sup>rd</sup> Thursday of month (1:30pm) Movie Time – Last Tues of month (1pm) Out To Lunch – 1 <sup>st</sup> Tues of month (1pm) Podiatry Clinic – First Wednesday of month (9:00am) Shuffle board – Wednesdays (2pm) Tai Chi – Mondays (10:30am beginners) (11:30am advance) Anna L. Turner, MSW – Elderly Outreach Social Worker		<b>Transportation Line:</b> <b>860-870-3137</b> <b>Hours: 9:00 a.m. – 12:00 p.m.</b>

Cards:   Setback (Tuesday & Saturday's - 7pm).		
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